



Loveline

ISSUE 25

JAN/FEB 2007

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SPECIAL BUSINESS MEETING

On February 17, 2007
 at the Intergroup Office in Southfield
 to discuss and vote on the
 World Service Business Conference Agenda Items
 1:30 to 3:30 PM

My Journey

Having been in Overeaters Anonymous for six years now, I felt compelled to write something about this wonderful fellowship.

First, I want to say getting in touch with my Higher Power has been the very experience I needed in my life. Higher Powers gifts to me have been numerous – the weight release, my OA family, my overall sense of peace, my willingness to be imperfect and tolerance of others whom are also imperfect. Other gifts are having patience and gentleness with self. These things give me great freedom on my journey to non-compulsive eating and striving to obtain my goal weight.

Second, service to Overeaters Anonymous is also very important to me. Because I know this program has saved my life, I want to see it continue to function. When attending OA meetings (3 times a week), I'm constantly imploring my OA family to come and give service to our Greater Detroit Intergroup. I have found if informed and service requested, they will come aboard to help.

God bless you my OA family. Keep coming back. It works and you help those of us who continue to suffer from eating disorders.

Anonymous, Detroit

STEP 1

We admitted we were powerless over food — that our lives had become unmanageable.

TRADITION 1

Our common welfare should come first; personal recovery depends upon OA unity.

STEP 2

Came to believe that a Power greater than ourselves could restore us to sanity.

TRADITION 2

For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are



Recovery Roster

I Know I'm in Recovery Because:

- I abstain from my trigger foods and have maintained my abstinence and weight loss for five and a half years.
- I stop eating when my body's had enough.
- I've quit weighing myself all the time.
- I go to social functions for the company of the people who'll be there and not for the huge amounts of food.
- Others can eat my binge foods in front of me, and I don't feel resentful; I can prepare my binge foods for others and not even be tempted to lick my fingers.
- I can live within my financial means, even when meager.
- Though disabled, I accept my health limitations without crabbing about them continually.
- Instead of thinking about what I don't have, I'm truly grateful that I have so much.
- I don't make excuses to get out of going to meetings.
- Unless my health restricts me. I go whether I want to or not.
- I take the time to write, make phone calls, talk to my sponsor, and read OA literature, no matter how much I'd rather be doing something else.
- I can talk to my teenage son calmly when he's in the middle of a temper tantrum.
- When someone hurts me, I don't hold a grudge. I pray, let go, and let God.
- I recognize my character defects and am aware of how they hurt me and other people.
- I realize I can't always have my own way.
- I set healthy boundaries. I don't let people use me as a doormat, nor do I build walls that isolate me.
- I stay out of other people's business and let them run their own lives.
- Instead of "fixing" people, I try simply to listen to them, sharing my experience, strength, and hope.
- I eliminate guilt and shame from my life, instead of merely saying, "That makes me feel guilty" and continuing to drag the guilt feelings around with me. I let the past go.
- I don't beat myself up when I make a choice that's not in my best interest. I learn from experience.
- I've stopped being a victim and started being a survivor.
- I accept being a grown-up and take responsibility for changing my actions and attitudes.
- I don't rely on anyone to make me happy, but realize that happiness comes from accepting God's will in my life.

- Montague, Michigan – *Abstinence* book, pages 102 & 103





Representative - Delegate Committee Report from the Region V Assembly

November 9, 10, 11, 2006

The following information offers a brief synopsis of the reports submitted by members of the Delegate Committee. Each member was asked to give a report on the Region V Assembly committee they attended.

Arnedo - Professional Outreach Committee

Professional Outreach representatives will be putting into use in their states our Greater Detroit Intergroup (GDI) flyer *Is Food a Problem?*

Another project of this committee is to ask that each delegate give a packet of information (already assembled by WSO) with pamphlets such as *To the Physician*, etc. to their intergroup chairs. Our goal is to present professionals such as doctors, nutritionists, clinics, etc. with these packets for their patient information. A letter will accompany them that tells what O.A. offers for their clients for recovery from eating disorders. Also a meeting list and persons to contact will be included. The Professional Outreach Committee will purchase these packets for each Intergroup (31). We would like to have each of the GDI groups (50) to receive these packets. Then members can present them to their physicians, nutritionists, personal trainers etc. The Professional Outreach Committee was the smallest group present, with five representatives. Six are on the committee, but the chair was unable to attend this Assembly.

Judy B - By-Laws Committee

Each time I have attended the Assembly, I have been on the Bylaws Committee. Region V advises that a representative attend the same committee at each assembly to be of better service at the Region level as well as having continuity to take back to one's Intergroup. (I am now on the GDI By-Law's committee). Because the By-Laws committee usually has motions to present to the assembly attendees, I have been thinking of ways to make these motions (and the original wording) more readily available to the group.

I purchased a copy of *AA Service Manual Combined with Twelve Concepts for World Service* by Bill W. for office reference.

Beatrice S. - Finance Committee

I took minutes for the Finance Committee meeting. I helped with the audit and the 2:30 pm Saturday voting.

Questions:

1. Do we have liability insurance on office content?
2. Do we send someone to World Service Assembly? Convention? Do we have a delegate fund to send someone to the World Service convention?

Suggestion - Have Intergroup officers, and committee chairs go to area meetings for support and public information. We need better communications between the groups and other OA levels.

Motion passed: To increase from \$750.00 to \$2,000.00 for delegate help to go to assembly.



In The News



Please plan to use the following email address in the future to contact the Intergroup:

Detroit@region5oa.org



The following positions are open Greater Detroit Intergroup

Come join your Intergroup

Recording Secretary
Finance Chair
Helpline / Phone
12 Step Within

OPEN
OPEN
OPEN
OPEN

If Not YOU, Who?

Greater Detroit Intergroup invites anyone who would like to attend the Intergroup meetings every Second Tuesday of the month at the O.A. Office at 7:00 P.M. and see what you can do to help O.A. get stronger ODAAT. Just bring your willingness and the rest will follow.

Committee Chairs are required to attend the monthly Intergroup meetings. Chairs are appointed for a 2 year period.

To help on a committee, attendance at the Intergroup meetings is not mandatory.

Any OA members interested in volunteering for a committee chair, please contact: Ann B. at 248-225-9259, email annb@prodigy.net or contact the OA Office at 248-559-7722. See vacant positions listed above.

Information about the responsibilities of the positions can be found in the OAGDI By-Laws which can be made available by contacting the OAGDI office at 248-559-7722 or via email at Detroit@region5oa.org.

New Meetings

There are 2 meetings in Northville
Tues 7 PM, and Wed 12:30 PM
Club House at 43001 Northville Place Dr.
Contact: Storm (248) 344-1303

Thursday 6 PM
Detroit Unity Temple
Contact: Pamalar (313) 522-6122
Karen (248) 579-3434

Thursday 10:00 AM
Kroger in Lake Orion
Contact: Lizzie M. 248 628-2872
Gary 248 840-0059

Sunday 4:30 to 6:30 PM HOW Meeting
St. Joseph Mercy Macomb Hospital
Contact: Deborah R. (586) 739-3493
Russanne (313) 821-5677

The Trenton Thursday meeting, 7:30 PM
is CANCELLED

Literature & Taxes

Recently there has been some confusion about how we price our literature at the Intergroup office in Southfield. The required Michigan Sales Tax and shipping are now built into the price marked on the literature. Pamela C. – Literature Chair

The Intergroup Office has a “Service and Traditions Workshop Manual” which is a guide for planning and leading service and traditions workshops. Anyone interested in borrowing a copy of the manual should contact Ann B. at 248-225-9259.



Intergroup Meetings

All Are Welcome

OA Office-25511 Southfield Rd. Ste. 127—Southfield
MI 48075

#877-244-4771

Every Second Tuesday, monthly, Jan. to Nov.

Intergroup Mtg. 7:00-9:00 PM February 13, 2007

Intergroup Mtg. 7:00-9:00 PM March 13, 2007

*** OA 47th Birthday Event**

January 20, 2007

Beaumont Hosp. Admin Bldg A

10:00 AM—5:00 PM

Call Pamalar 313 522-6122

*** Region 5 Assembly**

March 9 & 10, 2007

Ft. Wayne Hilton

1020 S. Calhoun St.

Ft. Wayne, Indiana 46802

PH:219-420-1100

*** Spring Into Recovery Retreat**

April 27, 28, 29, 2007

Colombiere Center

Contact: John Carl 248 223-9929

Elizabeth 586 777-2515

Dr. Bob's House Bus Trip—Akron, Ohio

Saturday May 5, 2007

\$40, Call Carol K. for more info

248 547-6464

*** Race for Recovery**

October 19 to 21, 2007

Region V Convention

Louisville, KY

Jennifer E. 502 459-4518

***Flyers at www.region5oa.org**

If your meeting is having any upcoming events

DETROIT@region5oa.org

Or send info to the OA Office snail mail

**Fliers will be put on website if sent to:
events@region5oa.org**

Current Office Hours are:

PLEASE, ALWAYS PHONE FIRST



Mondays 10:00 - 2:00 (minimum)

Wednesday 11:00 - 2:00

Thursday 11:00 - 2:00

Fridays 2:30 to 5:30 (flexible, call first)

1st Saturday 12:30 - 2:30 PM

The office may be staffed at additional times or may not be staffed because of individual circumstances

***For latest office hours,
call Contact Person***

Kathy D. 734 427-8612

Updated Meeting List

and

Newsletters

**Copies can be found at the
Website:**

[Http://www.region5oa.org/detroit](http://www.region5oa.org/detroit)

Write us your story!

Share your experience, strength, and hope. Your contribution might be just what someone else needs to hear.

Editorial Policy - Articles are welcome. All opinions expressed are of the writer and not OA as a whole. We reserve the right to edit all articles. Stay in the solution. Please be patient, your article may not be published right away. Send to carolu2u@isp.com with "Loveline" in the subject line, or mail to the Intergroup office in Southfield.



Greater Detroit Intergroup of Overeaters Anonymous

Toll Free #877-244-4771
25511 Southfield Rd.
Suite 127
Southfield, MI 48075

Loveline

www.aa.org

Meeting List For The World by
Country, State & City

www.region5aa.org

Meeting List for:
Greater Detroit by Day

Also city/county cross reference can be found
here

Intergroup Officers

Chairperson
Ann B 248 932-2182

Vice Chairperson
Geoff 734 287-8187

Treasurer
Lynn H. 313 278-8754

Recording Secretary OPEN

Corresponding Secretary
Linda L. 586 776-6436

Committee Chairpersons

Appointed positions

Office Beatrice 248 557-8845

By-Laws Judy D. 734 782-4212

Finance OPEN

Helpline OPEN

Literature Pamela C. 248 980-7876

Loveline Carol U. 248 624-2314

12 Step Within OPEN

Special Events Carol K. 248 547-6464

Professional Outreach Pamalar 313 522-6122

Speaker/Sponsor Irene L. 586 773-1216

Computer / Communications
Geoff 734 287-8187

Delegates

Ann B 248 225-9259

Beatrice 248 557-884

John S. 248 683-3188

Judy Ben 248 673-0723

Storm (chair) 248 344-1303

Arnedo (alternate) 248 569-9831

“The Following is the OA Preamble:

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop overeating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.”

Step 1 and Step 2 Prayers

Prayer for Step One

“God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe, my name is _____, and I’m a real compulsive overeater ... and I need your help today.”

(Big Book pg. 46 and chapter 3)

Prayer for Step Two

“God, I’m standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today.”

(Big Book pg. 59)



Coming Soon !!

A new Revised Speaker — Sponsor List

A Great Opportunity to do service !



Please call
Speaker / Sponsor List Chair
Irene L. @ (586) 773-1216
and add your name to the list

Representative - Delegate Committee Report from the Region V Assembly *Continued*

John S. (12 Step Within Committee) gave a verbal report at the 11/14/06 meeting, and my report was printed in the November/December 2006 *Loveline*.

Our Intergroup Chair *Ann B (Intergroup Outreach Committee)* gave a detailed report (embarrassing for me I can't find my copy). We were very proud of Ann's effort to go to this assembly. Thanks too all for their reports!!!!!!!!!!!!!! We had such a great representation from the Detroit Intergroup !!

I sincerely thank our Intergroup for allowing me to be of service. If anyone has any questions please feel free to contact me (home 248-344-1303).

Respectfully submitted,

Storm S.
Chair - Representative Delegate Committee - GDI